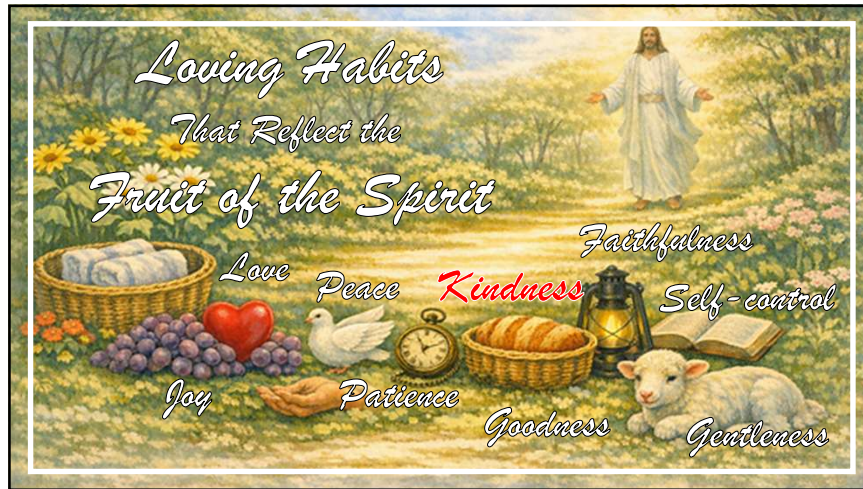




1



2

Luke 10 (ESV)

25 And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" **26** He said to him, "What is written in the Law? How do you read it?" **27** And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself." **28** And he said to him, "You have answered correctly; do this, and you will live."

Luke 10 (ESV)

29 But he, desiring to justify himself, said to Jesus, "And who is my neighbor?" **30** Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him and departed, leaving him half dead. **31** Now by chance a priest was going down that road, and when he saw him he passed by on the other side. **32** So likewise a Levite, when he came to the place and saw him, passed by on the other side."

3

4

Luke 10 (ESV)

33 But a Samaritan, as he journeyed, came to where he was, and when he saw him, he had compassion. 34 He went to him and bound up his wounds, pouring on oil and wine. Then he set him on his own animal and brought him to an inn and took care of him. 35 And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him, and whatever more you spend, I will repay you when I come back.'

Luke 10 (ESV)

36 Which of these three, do you think, proved to be a neighbor to the man who fell among the robbers?" 37 He said, "The one who showed him mercy." And Jesus said to him, "You go, and do likewise."

5

6

Theme

Kindness becomes a habit when compassion becomes instinctive in the caregiving journey.

- Kindness becomes second nature when compassion guides every thought & action, turning caregiving into a daily expression of grace.
- Compassion transforms routine care into heartfelt ministry, where kindness flows instinctively from empathy & love.

Theme

- Habitual kindness reflects Jesus' heart - a steady rhythm of mercy that strengthens both the caregiver & our loved one.

7

8

Biblical Kindness

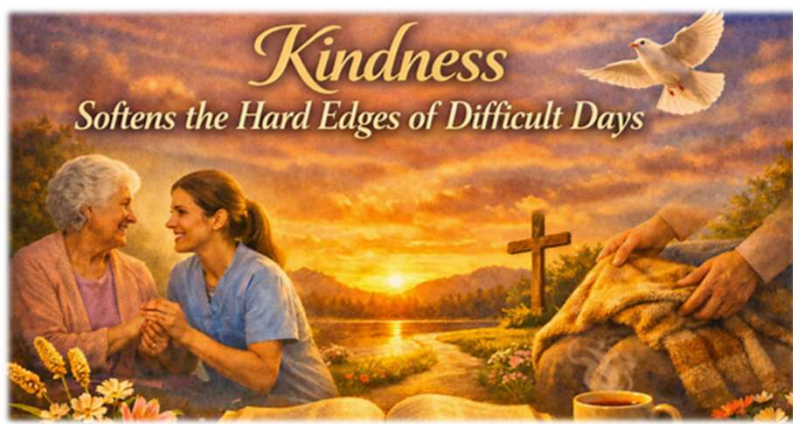
- Kindness begins with a caring heart that sees others with God's compassion & responds with gentleness rather than judgment.
- It shows love through small simple, everyday gestures that bring comfort, peace & reassurance to those who are hurting.
- Kindness becomes a daily habit when practiced until it becomes the natural rhythm of a Christ-shaped life.

9

Biblical Kindness

- Kindness reflects God's character, revealing His mercy, patience & faithfulness through the way we treat others.
- It strengthens the heart of the one who gives it & brings hope to our loved one who receives it.

10



11

Kindness Notices Needs Before They Are Spoken

- Dementia caregiving requires a gentle attentiveness that sees beneath the surface.
- Kindness pays attention to emotional cues.
- We learn to read fear, fatigue, or confusion even when words fail.
- Kindness anticipates fear or confusion in dementia.
- We learn to recognize patterns - what triggers anxiety & what brings calm.

12

Kindness Notices Needs Before They Are Spoken

- Kindness offers reassurance through tone & touch.
- A soft voice or a gentle hand can communicate safety more clearly than words.
- Kindness slows down to understand what our loved one cannot express.
- Slowing our pace honors our loved one's dignity & reduces frustration.

13

Kindness Notices Needs Before They Are Spoken

- Kindness reflects God's tender heart.
- 4 But when the goodness and loving kindness of God our Savior appeared, 5 he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, (Titus 3:4–5 ESV)***
- God's kindness is not distant - it is personal, compassionate & active.

14



15

Kindness Strengthens the Caregiver's Own Heart

- Kindness is not only something we give - it is something we must receive.
- Kindness toward ourself matters.
- We cannot pour from an empty cup; self-kindness is stewardship, not selfishness.
- Kindness reduces guilt & shame.

16

Kindness Strengthens the Caregiver's Own Heart

- When we treat ourselves with grace, we recover more quickly from hard moments.
- Kindness invites help instead of isolation.
- Asking for support is an act of humility & wisdom.
- Kindness builds resilience.

17

Kindness Strengthens the Caregiver's Own Heart

- Small acts of compassion toward oneself strengthen long-term endurance.

***8 He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?
(Micah 6:8 ESV)***

- Every kind act - toward our loved one or ourselves - is an act of worship.

18



19

Discussion Questions

- What does kindness look like in your daily caregiving tasks.
- How do you show kindness when you feel drained.
- What helps you respond with compassion instead of irritation.
- How can you practice kindness toward yourself.
- Where did you see God's kindness this week.

20